# Chapter 24 Anxiety Disorders

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# Abstract

Anxiety disorders are the most common group of psychiatric disorders in the general population. They are also important because of their association with significant impairment in functioning and with high direct and indirect costs. Anxiety disorders are often associated with depressive and substance use disorders and may have other complications. These conditions are often unrecognized, misdiagnosed, or trivialized, which is unfortunate because their timely recognition and treatment are beneficial to the sufferers, their families, and society. This chapter provides a brief review of each of the following anxiety disorders in adults: panic disorder, agoraphobia, social anxiety disorder, specific phobia, generalized anxiety disorder, and separation anxiety disorder. Clinical features, diagnostic issues, epidemiological data, etiological factors, and treatments of these disorders are summarized, with the similarities and differences between individual disorders being highlighted.